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Vegan Spicy Creamy Kale Pasta ♦

This vegan spicy creamy kale pasta is a delicious and nutritious meal that is perfect for vegans and those looking to incorporate more plant-based meals into their diet. The dish features a creamy sauce made from cashews and nutritional yeast, which adds a cheesy flavor to the pasta. The kale adds a pop of green and provides a good source of vitamins and minerals. The dish is spiced up with red pepper flakes, giving it a nice kick. It's a simple and satisfying recipe that can be enjoyed any time of the year.

Recipe Type: Vegan

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Recipe Yield: 500 grams

Number of Servings: 4

Serving Size: 125 g

Ingredients

400 g	Pasta
200 g	kale
100 g	Cashews

50 g	Nutritional Yeast
2 tsp	red pepper flakes
2 cloves	garlic
2 tbsp	olive oil
1 tsp	salt
1 c	water

Directions

Step 1

Boiling

Cook the pasta according to the package instructions. Drain and set aside.

Prep Time: 5 mins

Cook Time: 10 mins

Step 2

Blending

In a blender, combine the cashews, nutritional yeast, garlic, red pepper flakes, olive oil, salt, and water. Blend until smooth and creamy.

Prep Time: 5 mins

Cook Time: 0 mins

Step 3

Sautéing

In a large pan, sauté the kale with a little olive oil until wilted.

Prep Time: 2 mins

Cook Time: 3 mins

Step 4

Stirring

Add the cooked pasta to the pan with the kale. Pour the creamy sauce over the pasta and kale. Stir to combine and heat through.

Prep Time: 0 mins

Cook Time: 2 mins

Step 5

Serving

Serve hot and enjoy!

Prep Time: 0 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 400 kcal

Fat: 20 g

Protein: 15 g

Carbohydrates: 40 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	15 g	88.24%	88.24%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	40 g	72.73%	80%
Fibers	8 g	21.05%	32%
Sugars	2 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	10 g	N/A	N/A
Saturated Fat	2 g	9.09%	11.76%
Fat	20 g	71.43%	80%
Cholesterol	0 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	100 iu	11.11%	14.29%
Vitamin C	50 mg	55.56%	66.67%
Vitamin B6	20 mg	1538.46%	1538.46%
Vitamin B12	0 mcg	0%	0%
Vitamin E	15 mg	100%	100%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	500 mg	21.74%	21.74%
Calcium	10 mg	1%	1%
Iron	15 mg	187.5%	83.33%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Potassium	500 mg	14.71%	19.23%
Zinc	10 mg	90.91%	125%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer Fall

Events

Christmas Easter Thanksgiving Birthday Wedding Halloween
Valentine's Day Mother's Day Father's Day New Year Anniversary
Baby Shower Bridal Shower Graduation Back to School Barbecue Picnic
Game Day

Meal Type

Lunch Dinner Snack Supper

Difficulty Level

Medium

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